

INSTRUCTION**Student Wellness****A. Student Wellness Policy: Generally**

The Stafford County School Board recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for students. Schools should provide an environment that is conducive to healthy eating behaviors and regular physical activity. Teachers and staff should be advocates for promoting healthy lifestyle choices that are proven to have a positive influence on student achievement and student wellness. The Stafford County School Board has established the following goals to promote student wellness.

B. Goals for Nutrition Education

1. Students pre-kindergarten through tenth grade receive nutrition education that provides the knowledge and skills they need to adopt healthy eating behaviors.
2. The division's nutrition education curriculum reinforces of the importance of physical activity and the health risks associated with a sedentary lifestyle.
3. Staff responsible for nutrition education will be properly trained and regularly participate in professional development for up-to date and quality nutrition education.
4. Schools will provide nutrition information and activities that encourage healthy eating for families, both within and outside home.
5. The division maintains a coordinated and comprehensive outreach, promotion and pricing plan to ensure maximum participation in the school meal program, and should ensure that all eligible children qualify and receive free and reduced price meals.
6. Classroom snacks and the use of food as a reward should reinforce the importance of healthy choices and promote a healthy school environment.
7. Classroom celebrations should be encouraged to include as many healthy choices as sweet choices. Parents and families should receive guidance from the school on foods that are appropriate for celebrations.

C. Goals for Physical Activity

1. Students from kindergarten through tenth grade receive regular, age-appropriate quality physical education.
2. Physical education will be designed to build interest and proficiency in the skills, knowledge and attitudes essential to a lifelong physically active lifestyle. It should include providing information, fostering a positive

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atmosphere, encouraging self-discipline, developing motor skills, and promoting activities that can be carried out over the course of students' lives.

3. Physical education will provide safe and satisfying physical activity for all students, including those with special needs.
4. All physical education classes will be taught by certified physical education teachers.
5. The division will provide professional training to enable staff to provide a variety of lifelong activities and health promotion programs.
6. Whenever possible, elementary schools will provide daily recess that encourages physical activity for 30 minutes a day with 20 minutes on the day of regular physical education.
7. Schools should not use non-participation in the entire recess period as a way to punish or discipline students.
8. Schools will ensure that students have adequate space and equipment to participate in structured physical activity.
9. Schools will ensure that physical activity facilities on school grounds are kept safe and well-maintained.
10. Schools will provide information and activities to parents to help them promote and incorporate physical activity and healthy eating into their children's lives.

D. Goals for Other School-based Activities

1. Competitive drinks and snacks are to follow the Healthy Beverage and Snack Resolution adopted by SCPS September of 2005.
2. School fundraisers shall promote positive health habits such as the sale of non-food items or include healthy choices.
3. Bus schedules shall be coordinated to allow students ample time before class to eat breakfast if they have not at home.
4. Students will be provided sufficient time to eat during the meal periods for breakfast and lunch.
5. Dining areas shall include enough seating to accommodate all students who would like to sit and eat lunch as well as enough serving areas so that students do not have to spend too much time waiting in line.
6. Schools will ensure that students eligible to receive free or reduced-priced meals are not treated differently from other students or easily identified by their peers.

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7. The division will employ a food service director who is properly qualified according to professional standards to administer the school food service program and satisfy reporting requirements.
8. All food service personnel will have adequate pre-service training, participate in ongoing professional development and be sanitation certified.
9. School food service providers will adopt methods of cooking that decrease fat, calorie, and sodium levels in food.
10. Schools will plan breakfast and lunch menus that meet or exceed state and federal nutritional standards.

E. Implementation

The Instructional Coordinator for Health, Physical Education and Driver Education and Director of School Nutrition in consultation with the Health Advisory Committee will be responsible for overseeing the implementation of this policy and will develop procedures for evaluating the wellness policy, including indicators that will be used to measure its success.

Legal Reference: Through June 30, 2007

42 U.S.C. §1751

Adopted by School Board: June 20, 2006

Board Review: June 20, 2006 Staff Review: July 13, 2006 Responsible Department: Instruction
